

How to brush your teeth Date: _____

I. Match the items what you need for brushing your teeth with the pictures.

Dental floss – Toothpaste – Tooth brush – Mouthwash



II. Match the verbs with the pictures.

Brush – Spit out - Rinse out - Floss – Squeeze out



III. Complete the steps for brushing your teeth.

brush – spit it out - squeeze

- _____ the outer surfaces of each tooth, upper and lower.
- Take a small sip of mouthwash, swish it in your mouth for about 30 seconds, and _____.
- _____ only a pea-sized amount of toothpaste onto your toothbrush.

IV. Put in order the steps for brushing your teeth (1-7).

- (1) First **floss** your teeth to remove plaque, bacteria and food particles that get trapped between the teeth.
- () Place the bristles at a 45-degree angle to your gum line. **Brush** upwards or in a circular motion but not side to side. Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
- () **Rinse** your mouth **out** thoroughly after brushing.
- () At this point, you can **rinse** with mouthwash if you choose.
- () Then, **squeeze out** an amount of toothpaste about the size of a pea onto your toothbrush.
- (4) **Brush** the tongue.
- (6) **Rinse** your toothbrush **off** and store it with the head standing up.

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